

## Abstract of the Disclosure

A method for inhibiting drug-induced insulin resistance is provided which includes administering a dietary chromium complex to an individual receiving a contemporaneous dose of a drug that induces insulin resistance, wherein the amount of chromium complex administered is an amount effective to inhibit the development of insulin resistance. Advantageously, the amount of chromium complex administered per day is between about 300 and 1,000 micrograms per day. Compositions including a drug which induces insulin resistance in combination with a chromium complex are similarly described.

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